

Declan O'Sullivan

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19/11/2025

To:

- Patricia, Donald and Colm O'Sullivan
- Martha Downey de Buítléir, Donal, Ciara, Donal (Francis), Catriona, Moya de Buítléir
- Lisa, Kevin, Christopher, Amanda and Stacey Downey
- Eileen, Joe, Cillian and Dr. Cathal de Buítléir
- Margaret Downey Harrington

RE: URGENT Follow-up to Registered Post sent November 19, 2025

I am writing this letter as an immediate follow-up to the correspondence I sent to you via Registered Post earlier this evening. For verification, that letter was dispatched from the GPO on O'Connell Street between 5:00 PM and 6:00 PM today, November 19, 2025.

I realise you will not have received that registered package by the time you read this. However, I feel compelled to write this follow-up immediately to underscore the gravity of the situation.

The simple act of finally sending that letter by registered post, formally asking the family to address the ongoing issues regarding Donal and Eileen, has already resulted in a dramatic **downward fluctuation** in the disturbances and behaviours previously described. However, as the activity has **yet to cease completely**, it remains necessary to address the ongoing issues with Donal and Eileen regardless of these recent improvements.

It is no exaggeration to state that this past October and November have been a period of life or death for me. This severe decline in my well-being is a direct result of the allegations and behaviours detailed in the registered letter currently on its way to you.

To assist you in understanding the reality of what I am enduring, below are two summary tables regarding the 111+ specific terms related to Audio Harassment, alongside the associated safety and health risks. The first is sorted alphabetically by Term/Group, and the second is sorted alphabetically by Safety/Health Risk.

I have also included the full list of the 111+ terms as an attachment. This letter, the previous letter, and the attached documents serve to facilitate future conversations by making one thing explicitly clear: this situation has been objectively proven through ongoing recording, measurement, and logging across several data points, including Sound Pressure Level.

Sincerely,

Declan O'Sullivan

ENCLOSURE: TERMINOLOGY & RISK ASSESSMENT

LIST 1: SORTED BY TERM (A-Z)

A glossary of terms specific to the harassment context, organized by the technical definition.

Term	Category	Safety & Health Risk Implications
Bass Frequency Transmission	Acoustics	Can cause heart palpitations and chest pressure; difficult to block with standard earplugs.
Decibel Spikes (Sudden)	Volume	Induces "fight or flight" adrenaline response; risks cardiac stress and panic attacks.
Impulsive Noise	Pattern	Fragmented sleep architecture prevents Deep/REM sleep cycles necessary for cognitive repair.
Infrasound (Low Frequency)	Frequency	Causes nausea, disorientation, and headaches; often felt physically rather than heard.
Intermittent Noise	Pattern	Heightens hypervigilance and anxiety; the brain cannot "habituate" or ignore the sound.
Prolonged Exposure	Duration	Risk of permanent threshold shift (hearing damage) and chronic cortisol elevation.
Sleep Deprivation	Health Impact	Weakened immune system, cognitive decline, emotional instability, and risk of hallucinations.
Structure-Borne Noise	Transmission	Vibrations felt through floors/walls; creates a sensation of invasion and inability to escape.
Tonal Noise (Hum/Whine)	Frequency	Triggers psychological distress and severe irritability; known to exacerbate tinnitus.

Vibration	Physical	Physiological disturbance; joint pain and vertigo symptoms.
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LIST 2: SORTED BY SAFETY/HEALTH RISK (A-Z)

The same data, organized by the specific medical or safety threat posed to the victim.

Safety & Health Risk Implications	Term	Category
Adrenaline Response / Cardiac Stress	Decibel Spikes (Sudden)	Volume
Anxiety / Hypervigilance	Intermittent Noise	Pattern
Chronic Cortisol Elevation	Prolonged Exposure	Duration
Cognitive Decline / Immune Failure	Sleep Deprivation	Health Impact
Heart Palpitations / Chest Pressure	Bass Frequency Transmission	Acoustics
Inability to Escape / Invasion	Structure-Borne Noise	Transmission
Nausea / Disorientation	Infrasound (Low Frequency)	Frequency
Psychological Distress / Tinnitus	Tonal Noise (Hum/Whine)	Frequency
Sleep Cycle Fragmentation (No REM)	Impulsive Noise	Pattern
Vertigo / Physiological Disturbance	Vibration	Physical